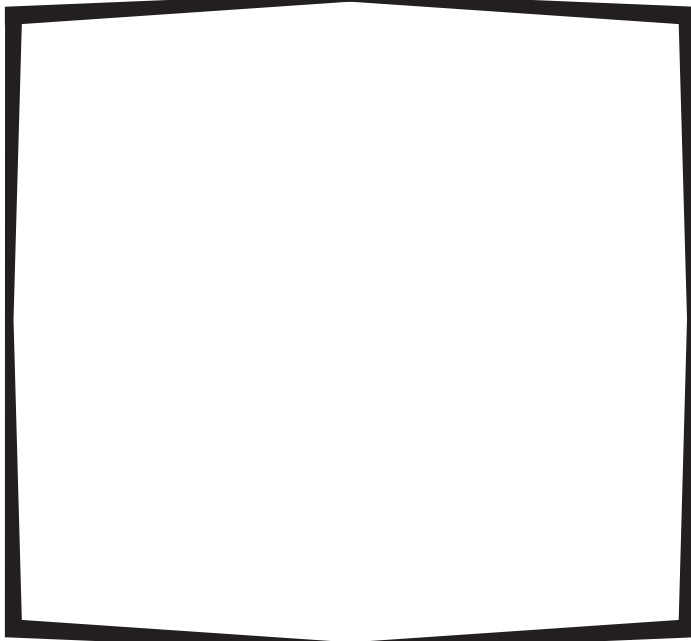


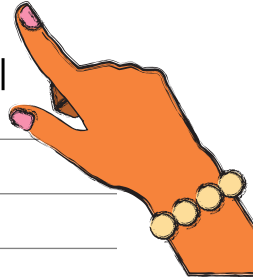
# GROUNDING TECHNIQUE

## Module 5.1 Be Present

Draw what you see



Describe what you feel



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What do you hear?

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How do the colors you see make you feel?

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Other observations:

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